

Hooray for Handwashing

1. Wet your hands with warm water. Add soap and rub your hands to make a soapy lather.
2. Wash the front and back of your hands, between your fingers and under your nails. Count to 20, or sing "Happy Birthday" to yourself (it takes about 20 seconds).
3. Rinse well.
4. Dry hands with a clean paper towel.
5. Turn off faucet with a paper towel, if possible.

